



Activity Pack

Inside you will find nature and gardening activities, exercise suggestions, word searches and more!





Gardening is a wonderful way to connect with nature. These activities will provide a sensory experience that will enhance your fine motor skills and help to maintain your dexterity.

All included activities can be done in the comfort of your home. We hope you enjoy taking part!



Join our free online gardening community where we send you seasonal activities every fortnight:

www.thrive.org.uk/gardeningclub

Sowing sweet peas

What you will need

1. Multi-purpose compost
2. Toilet roll tubes
3. Packet of sweet peas
4. Seed tray or container with drainage holes
5. Watering can



What to do

1. Fill the cardboard rolls with compost.
2. Place the rolls in a seed tray or container with some drainage holes.
3. Place 2 seeds on the top of the compost of each cardboard roll and push them down around 4-5cm into the compost.
4. Lightly cover with a little extra compost and gently water each roll.
5. Place on a bright windowsill. Keep an eye on the compost over time so that it doesn't become too dry.
6. They will begin to grow in around 10 days. Then after a few weeks they'll start developing leaves. At this stage you can take the plant carefully out of the roll and put it into a bigger pot.

Flower pressing

What you will need

- Your chosen flowers/leaves
 - Some white tissue paper
 - Old magazines or pieces of flat cardboard (A4 size)
- A stack of books (or other heavily weighted item)



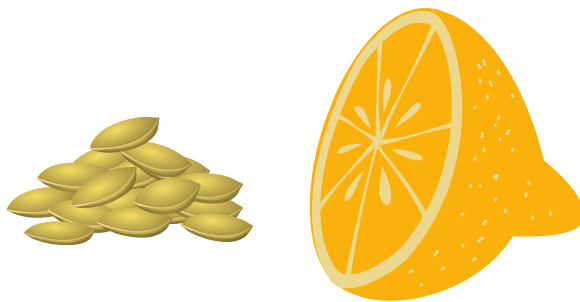
What to do

1. Gather the fresh flowers and foliage you want to press.
2. Take one of the magazines (or flat cardboard) and put a piece of tissue paper on top of it.
3. Carefully arrange the flowers and foliage on the tissue paper. Make sure they do not overlap as this will hinder the drying process.
4. Very carefully place another piece of tissue paper on top of your arrangement, and then another magazine (or flat card) on top of this. (This should now look a bit like a 'sandwich').
5. Press down firmly on the magazine.
6. Move the whole thing to a flat surface and then place the heavy books on top. Leave it like this for 2-4 weeks or until the flowers are dry.
7. Arrange the dried flowers and then glue them in place with white 'craft' glue and leave to dry.

Plants from pips

What you will need

- Orange or lemon pips
- Small pot
- Good quality soil-based compost
- Plastic bag
- Liquid plant food



What to do

1. Make sure compost is damp.
2. Fill pot with compost to within 5cm of the top.
3. Put a few pips into the pot and cover with 2cm layer of compost.
4. Cover pot with a clear plastic bag and put in a warm place. Seedlings will begin to grow in 2-3 weeks.
5. Bring the seedlings into good light as soon as any shoots emerge. Grow in a warm, light place.
6. Give liquid plant food occasionally. Keep compost damp with water.

10 Today involves short ten minute routines to get you stretching and moving, it's good for you and fun to do!



All the exercises can be done either stood up or sitting down, so just take it at your own pace and do whatever feels good for you today. If remaining seated, use a hard chair that you can sit upright in, with your feet flat on the floor, preferably without arms which can get in the way of some exercises. If you need extra support while standing, hold onto something sturdy like a kitchen worktop.



Supporting the sky

Raise both arms together straight up, palms up, and then push down, palms down.

Repeat
10 times

Benefits

Great for working arms, shoulders, chest and wrists.



Kick the ball

Swing straight right leg to front and rear, use arms and/or support for balance, repeat for left leg.

Chair based

Straighten out right leg and return to position, repeat for left leg.

Repeat
10 times

Benefits

Good for thighs, bottom, lower trunk and strength.



The twister

Soft legs, hands on hips, twist comfortably to right, then to left, keep head straight.

Chair based

If you are on a chair with arms, you can hold your hands at chest height.

Repeat
10 times

Benefits

Great for your hips, shoulders and balance.



Moving the legs

Raise right leg straight out and up to side, and return, repeat for left leg, use arms and/or support for balance.

Repeat
10 times

Benefits

Great for thighs, calves, lower trunk and balance.



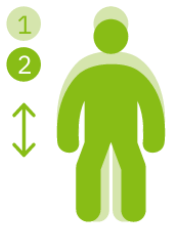
Circle the sky

Raise both arms together straight up, small circle them together from shoulders twice, then push arms down.

Repeat
10 times

Benefits

Good for shoulder, arms and balance.



Going low

Bending at knees, then go back up to straight legs. Remember to keep your feet facing forward, your back straight and try not to let your knees move in front of your toes.

Chair based

Straighten your left leg out in front of you, and return. Do the same on your right and continue to alternate.

Repeat
10 times

Benefits

For strength, thighs, calves and bottom.



Butterfly wings

Bend your elbows, with your arms at chest height. Move your shoulders in large circles back.

Repeat
10 times

Benefits

Great for shoulders, back and arms.



Charging the fists

Strong stance, bring fists to chest height, right hand punch straight out, pull back and repeat with left hand, then alternate hands, ten strikes each per hand.

Repeat
10 times

Benefits

Great for arms, shoulders, chest and balance.

Well done!

Cool down with these stretches at the end of this routine

Go into the stretch slowly, hold steady for about 8 seconds and then release.



Hamstring stretch

Step forward on right leg and straighten leg with foot flat on floor, step back with your left leg and keep it soft and bent, then place your hands on your bent leg and gently roll forwards to feel the stretch. Repeat on your left leg.

Chair based

Sitting at the edge of the chair, straighten one leg out keeping your other leg bent, rest hands on the bent leg and lean forwards slowly from the waist.

Benefits

For rear of legs and balance.



Hugging a tree

Put your arms in front of you like you are hugging a tree, pulling those shoulders apart, and you should feel that nice stretch in your back.

Benefits

Good for your upper body.

Most people can get active without medical advice. However, if you have difficulty managing the symptoms of your condition, seeking medical advice before increasing your activity levels may be helpful. If you feel any discomfort or pain, for example if you feel unwell or dizzy or experience palpitations, then please stop and seek medical advice. Please remember you agree to take part at your own risk. More information can be found at www.10today.co.uk

Growing thyme in water

What you will need

- Packet of thyme
- Small container or pot



What to do

- 1.Strip the thyme leaves from the lower 1-2 inches of the stem.
- 2.Put the thyme into a container or pot with water, avoiding the water touching the leaves of the thyme.
- 3.Put it on the windowsill to get some sunlight.
- 4.Change the water every 1 or 2 days.
- 5.After about 10-14 days, you should start to notice some roots appearing.
- 6.Once the roots have grown well, you can pot it up into some compost in a bigger container.

Apple bird feeder

What you will need

- 1.An apple
- 2.A corer or a knife
- 3.String
- 4.Scissors
- 5.Sunflower seeds
- 6.2 sturdy twigs/sticks per apple that are as long as the apple is wide, plus an inch or two (these are where the birds will perch to eat)



What to do

- 1.Use a corer or knife to take out the core of the apple.
- 2.Take the sunflower seeds and push as many as you'd like into the outer edge of the apple. If you want to decorate them with faces or people's names, you can!
- 3.Push your first stick of two into the apple sideways near the bottom of the apple.
- 4.Tie your string to the second stick, and put the stick down through the empty core of the apple.
- 5.Your apple bird feeder is ready! Tie it onto a sturdy branch of a tree or bush and watch as the birds enjoy what you have prepared for them.

Word search

See how many gardening-related words you can find!

P L E A V E S C T
I G P O T A T O R
L R N B A U L M C
U O S I R F A P A
T O W Y R D E O R
C T L S D E E S R
H S O I S I T T O
K U C A R C T A T
P Y G D R O S E W

- Compost
- Tulip
- Seeds
- Potato
- Daisy
- Carrot
- Watering
- Roots
- Leaves
- Rose

Acknowledgements

This activity pack is supported by the Thriving Communities Fund, which aims to improve and increase social prescribing community activities by bringing together place-based partnerships of local voluntary, community, faith and social enterprise projects.

The Thriving Communities Fund has been made possible thanks to funding from the National Academy for Social Prescribing, Arts Council England, Natural England and Historic England, with support from NHS England and NHS Improvement, Sport England, the Office for Civil Society, the Money & Pensions Service and NHS Charities Together.

Supported by the Thriving Communities Fund, made possible thanks to:



